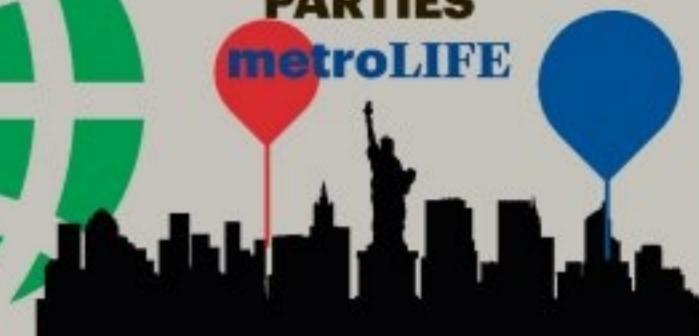


Halifax metro

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INSIDE THE
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PARTIES
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THE ASSOCIATED PRESS

‘Our core values are being tested’

PHILADELPHIA

Final pitches from candidates and supporters

America now decides what kind of place it wants to be.

The campaigning portion of a momentous, bitter, surreal U.S. presidential election ended Monday with Democrat Hillary Clinton and Republican Donald Trump zipping around the country from morning to late at night to scrap for votes in critical states.

The former secretary of state, senator and first lady showed no sign of complacency in an unpredictable year, playing both defence and offence on a four-rally day headlined by an appearance with her husband, the Obamas, Bruce Springsteen

and Jon Bon Jovi at a giant concert rally in Philadelphia — her second rally of the day in critical Pennsylvania.

“I’m betting that tomorrow, America will reject a politics of blame and resentment,” Barack Obama said at Independence Hall. “I’m betting that tomorrow, you will reject fear, and you will choose hope. I’m betting that the decency and the generosity of the American people will win the day. And that’s a bet I’ve never lost.”

Both of the candidates made a case that did not sound, after all these months, like an exaggeration: Tuesday’s vote is a referendum on America’s soul.

Clinton appealed to voters’ better angels.

“We don’t have to accept a dark and divisive vision for America,” she said in Pittsburgh.

“Tomorrow you can vote for a hopeful, inclusive, big-hearted



The real question for us is what kind of country we want to be.

America. Our core values are being tested in this election.”

Trump appealed to voters’ anger. “You have one magnificent chance to change a corrupt system,” he said in Raleigh, “and to deliver justice for every forgotten man, woman and child in this nation.”

Clinton said America needs “more love and kindness.” Trump said America needs to eradicate its “rigged system.”

The last batch of polls suggested Clinton was on track for a historic victory. The woman seeking to become the first female president led by about four percentage points on average and by as many as six points.

More than 70 million Americans are expected to cast ballots on Tuesday, joining more than 40 million who have voted. They will choose between candidates who share a home state and financial privilege but little else. TORSTAR NEWS SERVICE

This is about Canada, too

Tensions highlighted in the U.S. election could head north

Vicky Mochama
Metro | Toronto

Fear has been the soundtrack to this election.

Fear sounds like crowds turning on the reporters sent to cover them. Fear sounds like cries of “Lock her up!” Fear sounds like cable news pundits saying, “That’s just how men speak in locker rooms.”

It is the fear of those who now feel left out of the American Dream in the way that blacks, Native Americans and queers always have been. There is a deep terror that even American power looks different: first, a black man, and now, a woman.

I can’t help but be concerned that the same elements that propelled Donald Trump are sitting just under our noses: a distrust of immigrants, a struggling economy, and a bitterness that Canada no longer looks like it used to.

This country is changing.

In the last three years, hate crimes against Muslims in Canada have more than doubled even while overall hate crimes lessened.

The Rebel, a Canadian-based news company run by ex-Sun TV host Ezra Levant, has claimed that most Syrian refugees are fake. A columnist for the Toronto Sun continues to peddle the notion that Maryam Monsef’s recent discovery of her birthplace is a massive lie. (It is not.) Conservative leadership candidate Kelly Leitch has talked of testing immigrants and refugees for “anti-Canadian values.” One of her

rivals, Steven Blaney has also suggested a ban on the niqab for public service workers saying, “We don’t want our country to become like the country they left.”

Canada was once spared the worst of the global economic downturn. But our economy is now faltering. The Canadian oil industry, for example, is experiencing a significant slump.

In the expansion of employment benefits to interior B.C., Edmonton and southern Saskatchewan, almost all of the applicants were men. Compared to 2015, there has been an 11 percent increase in male EI beneficiaries according to Statistics Canada. Clearly, men are struggling.

Entrenched unemployment in once-booming areas like the Alberta oilfields threatens to turn its mostly male workers into a seething political class. Men who felt they had the promise of manufacturing, farming and resource jobs may, rightfully or not, resent being left behind.

Economic distress and racial animus make for dangerous politics.

Like waiting for the West Wing to get onto Netflix, Canada tends to get everything America does only a couple years later.

Sure, I dread that under a still-possible Trump presidency, a wall will be built, that Muslims will be banned, and that women won’t be able to walk safely into the Oval Office.

But here at home, I fear the election’s cruel, racist and anarchic streak may yet head north.

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Canadians elect to drink

POLITICS

Several venues in Halifax to host election day parties

Yvette d'Entremont
Metro | Halifax

America Votes. We Drink. That's how Halifax's Good Robot Brewing Company is advertising their U.S. election night event.

They're encouraging patrons to dress warmly to watch the live CBC broadcast coverage of the American election on a large screen outside their north end brewery/taproom.

If being surrounded by food, drink and other people is how you want to watch the election results roll in Tuesday night, there's no shortage of places to go.

Many local bars, pubs and restaurants are making political hay of the show that's taking place south of the border.

Among them, Lion & Bright Café Wine Bar will be live streaming the results. They've dubbed their event Red, White and WTF.

"Let's hang out, eat comfort food and drink some strong drinks as we watch the results come in from across the border," states their Facebook page.

The Millstone Public House in Dartmouth advises patrons not to watch alone.

"You might need a drink for this! Come together to watch the whole crazy election night come to its fateful conclusion," they state.



Supporters attend a campaign rally with Republican presidential nominee Donald Trump in the Robarts Arena at the Sarasota Fairgrounds on Nov. 7 in Sarasota, Fla. GETTY IMAGES



We are completely non-partisan. We will stay out of it.

Kat Adams, general manager at the Board Room

Lot Six Bar and Restaurant is airing election night coverage on a big screen in their atrium, and patrons are already on board.

"Probably not a great idea to get drunk for the start of WW3 but you guys in???" said one commenter inviting his friends

to the election party via the Lot Six Instagram account.

Regardless of your political leanings, The Board Room Game Café invites you to enjoy a few political games of your own on election night.

The game room's patrons can watch live election cover-

age while playing board games centred around themes of intrigue and politics.

"We basically ran through our own personal rolodexes of what games have an election theme or political intrigue," explained Kat Adams, general manager at the Board Room's Halifax location, in an interview.

Tammany Hall and Die Macher won the top spots as both games are about elections.

Other games on offer as part of the event include A Game of Thrones, Battlestar Galactica, Cosmic Encounter and The Resistance. It is possible to sign up for a game in advance via the café's Facebook page.

"We are completely non-partisan. We will stay out of it," Adams laughed when asked if she preferred Clinton or Trump for U.S. president. "But I think it's going to be a fun night here."

LABOUR DISPUTE

Talks with teachers criticized by Baillie

Zane Woodford
Metro | Halifax

With less than a month left till the province's teachers can walk off the job, the leader of Nova Scotia's opposition party says unlike the government, he'd be "at the table working it out with teachers."

"We'd negotiate toughly and fairly and get this worked out without a strike," PC leader Jamie Baillie said in an interview Monday at Province House.

After 96 per cent of members in the Nova Scotia Teachers Union voted in favour of a strike mandate last month, the province's public school teachers can walk off the job on Dec. 3.

An attempt to create a conciliation board last week failed after education minister Karen Casey sent the NSTU a letter saying salary would only be discussed if the union could find savings to "offset" any increases.

Teachers have been looking for cost of living increases, along with more resources for the classroom.

"I am all in favour of making new investments in our classroom and making them better. That's something that I think every Nova Scotian — parents, students, teachers — we all want to see that," Baillie said.

"As far as the financial part, that's something we would negotiate at the table like every government in our history has always done, without a strike."

LIQUOR SALES

Opposition hopping mad at 'unjust' tax on craft brewers

The leader of the opposition in the Nova Scotia legislature is calling for changes to a controversial tax charged to craft brewers in the province, but he's stopping short of calling for it to be scrapped altogether.

Progressive Conservative

IN COURT

Unfiltered Brewing suing

Breweries have called for the tax to be changed before to even the playing field. One Halifax brewery, Unfiltered Brewing, is currently trying to get the charge scrapped by suing the NSLC.

leader Jamie Baillie held a news conference at Province House on Monday to call on Stephen McNeil's Liberal government to change the Nova Scotia Liquor Corporation (NSLC) 50 cent per litre Retail Sales Mark-up Allocation (RSMA), a tax charged to craft brewers, to a five per cent of wholesale tax. He also called on the government to reduce the NSLC's retail mark-up from 40 to 30 per cent for craft brewers.

"Government has a duty to act, and yet the McNeil government has not," Baillie said.

"Quite frankly, either they don't understand how to create growth and jobs in this industry, or they don't care."

Brewers pay the tax to the NSLC when they sell products

They pay all the money but get none of the liquor corporation services.
Jamie Baillie

directly to customers, meaning sales at their own shops, private liquor stores and bars.

Craft brewers pay 50 cents for every litre they sell directly. What Baillie is calling for, and what craft distillers and wineries pay, is a five per cent tax on wholesale, which one brewer at Province House on Monday

said translates to about 18 cents per litre.

The tax brought in more than \$950,000 to the NSLC last year. Baillie said the change he's calling for would put \$350,000 of that back to brewers.

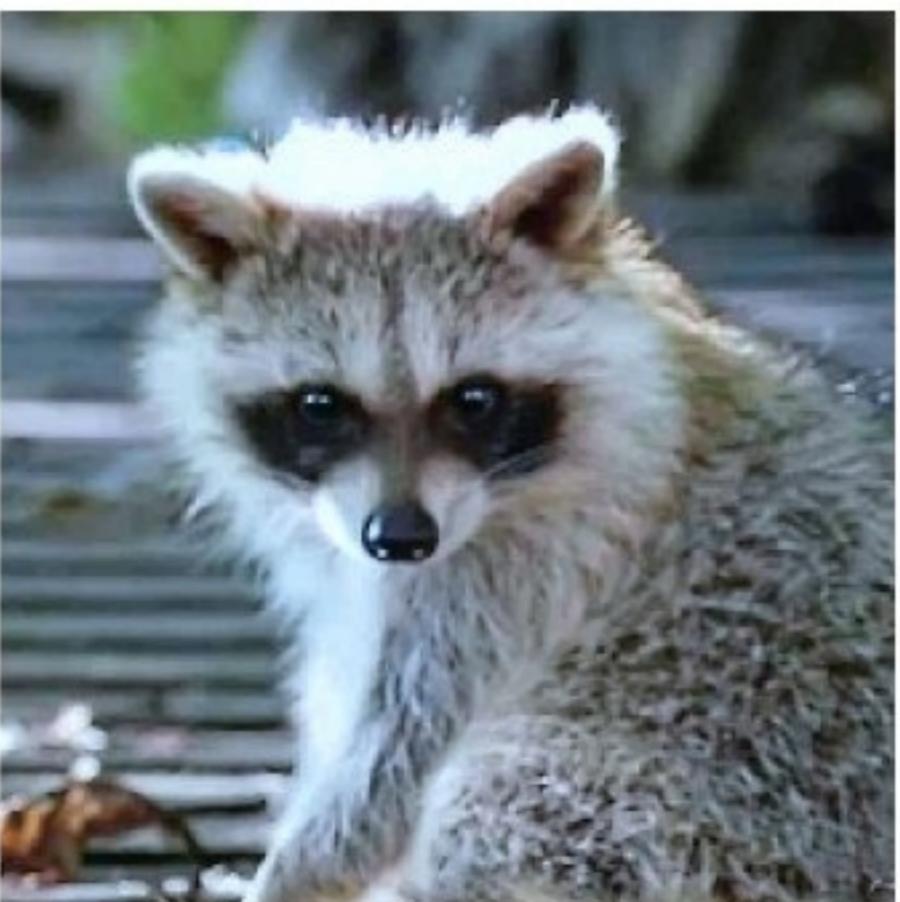
"It is unfair, it is unjust, and it holds our craft brewers back from doing what they do well, which is brew excellent product and create more jobs," Baillie said.

But even though he believes the tax is "unfair" and "unjust," Baillie did not call for it to be scrapped completely, saying that's not what the brewers are asking for. He did, however, say a PC government would review the "entire fee structure."

ZANE WOODFORD/METRO



Garrison owner Brian Titus packs up some of the company's Irish Red. JEFF HARPER / METRO



There have been multiple reports that animals — including raccoons, bears and skunks — have been breaching the airport runways. FILE PHOTO

Runways can't keep out critters

AIRPORT

Fence keeps most animals out, but some find a way in

Adina Bresge
For Metro | Halifax

Coyotes, skunks, raccoons, birds and even a bear have been disrupting flight schedules at Halifax Stanfield International Airport, according to Transportation Canada reports.

Metro found 21 animal-related incident reports on Halifax airport grounds since

2010 in the transportation department's aviation database, resulting in aborted takeoffs, last-minute landing changes, departure delays and runway roadkill.

Mike Rantala, a senior manager at the Halifax International Airport Authority, says a fence surrounding the perimeter of the airport keeps most mammals out, but pests manage to slip through on occasion.

"From an airport's perspective, you have to be able to adapt," said Rantala in an interview on Monday.

"The breeding habits of birds and mammals change year over year ... and we have to keep track of all this information."

Reports suggest at least six animals have died at the airport in the past

six years, and the fates of several other creatures remain unknown.

145

Transportation Canada's reporting system has logged 145 'bird strikes' since 2010, including 22 this year.

Skunks were the most common critter to stray onto Halifax runways, according to reports, as well as the most frequent aircraft casualty.

Recently, more raccoons have been popping up near airport gates, including a family of the masked night-crawlers who took over a runway in August.

Other trespassers include coyotes, grounded birds and a handful of unidentified "small animals," reports say.

In July 2011, it was reported that a "bear encroached" a runway and caused several flight delays.

Airport officials responded by setting a "live trap" and issuing a safety bulletin, according to a summary of the incident.

"I can't explain that one," Rantala said.

While bear incidents are rare, even a small animal can bring runway traffic to a halt. A "possible skunk

strike" delayed five flight arrivals and two departures for up to 15 minutes, according to a 2011 report.

Rantala says the airport's wildlife team is more focused on birds in the sky than land-dwelling animals. While large mammals can damage because of their size, he says, airborne creatures can be far more dangerous because of the risk of jet engine collisions, especially during flight.

Rantala says wildlife monitors use a range of techniques to prevent animal-related incidents in the sky, including scare tactics like pyrotechnics, wailers that imitate distress calls, and at one point an in-house falconer.

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Marijuana myth busting

MENTAL HEALTH

Ad campaign on cannabis aimed at young demographic

 **Adina Bresge**
For Metro | Halifax

A Nova Scotia-based education campaign is trying to dispel common misconceptions about cannabis by asking teens if the physical and psychological risks of marijuana use are more than just "a bad trip."

Mental health advocates launched the awareness effort Monday with a series of striking advertisements to be plastered in bus shelters across Halifax, as well as social media content to reach their 16- to 20-year-old target demographic.

Dr. Philip Tibbo, director of the Nova Scotia Early Psychosis Program at Dalhousie University, says the campaign was developed in partnership with the Mental Health Foundation of Nova Scotia to tackle pervasive myths about marijuana — that it's safe to drive while high, and that weed is safer than tobacco or alcohol.

"They've always been told and always known that cigarettes (and alcohol) are not good for you," Tibbo said in an interview Monday.

"We haven't really been there with cannabis yet."

The advertisements feature totalled cars and distraught teens holding themselves, presumably after "a bad trip."

For us to have influence, we had to go with a younger age group.
Dr. Philip Tibbo



"Weed is harmless?" one poster reads, followed by a list of psychological conditions that can be caused or worsened by marijuana use including anxiety, psychosis and suicidal thoughts.

"In that age group, that's what they're used to ... that very quick sort of attention span, but there's a message there," said Tibbo.

"Even by their early 20s, they've solidified their opinions. For us to have influence, we had to go with a younger age group."

In a 2013 survey, Statistics Canada found that around one in five young people between the ages 15 and 19 years old reported using marijuana in the past year.

graphic."

JEFF HARPER/METRO

Right: One of the bus ads, developed in consultation with young people, who encouraged the educators to use short and graphic messages. CONTRIBUTED



It appears the deer struck the victim's vehicle, which may have caused the vehicle to lose control.
Const. Tammy Lobb

car, ages nine and 13. Both were taken to the IWK Health Centre in Halifax for non-life threatening injuries.



Work on the Dartmouth Sportsplex. JEFF HARPER/METRO

SPORTSPLEX

Province must OK renos

 **Zane Woodford**
Metro | Halifax

Nova Scotia's minister of municipal affairs must sign off on a plan to renovate Dartmouth Sportsplex, but the building's general manager doesn't think that will be an issue.

A staff report to be debated at Halifax regional council on Tuesday recommends council direct Mayor Mike Savage to write to Municipal Affairs Minister Zach Churchill asking for his approval.

The extra step is required because the Sportsplex sits on land that is part of the Dartmouth Common. The municipal charter requires the minister approve any change to that land. That couldn't be done till the design of the renovations was complete, and that happened last month.

"I don't think it's going to be a contentious issue," said Sportsplex general manager Max Chauvin. "It's about taking 20 parking spaces. It's about repurposing existing asphalt-covered space that the Dartmouth Sportsplex uses."

The Sportsplex is scheduled to close its doors at the end of May to undergo a 16-month gut renovation. When it reopens in September 2018, the building will have a new gymnasium, new entrance, and "extensive improvements" to the pool.

IN BRIEF

Inmate has died: Officials
The Justice Department says a 38-year-old man found unresponsive in his cell at Central Nova Scotia Correctional Facility has died.

He was taken to Dartmouth General Hospital, but died Monday.

Halifax Regional Police are investigating and the Justice Department will conduct an internal investigation.

THE CANADIAN PRESS

FATALITY

Police believe deer behind crash

 **Philip Croucher**
Metro | Halifax

Police say a deer that ran out into the highway likely led to a crash that killed a young woman near Halifax on Sunday night.

Halifax RCMP Const. Tammy Lobb said in an interview on Monday afternoon that while the investigation is continuing, police believe a deer ran out onto Highway 107. It likely first hit an SUV coming in the opposite direction and then

smashed into the Honda Civic driven by the victim, which was headed westbound.

"It appears the deer struck the victim's vehicle, which may have caused the vehicle to lose control and go off the highway," Lobb said.

She said next-of-kin have been notified about the death of the 24-year-old East Jeddore woman, who died at the scene of the accident between Exits 18 and 19 in the community of Lake Echo around 7 p.m. Sunday.

Two boys were also in the

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CULTURE

Local poet has rhyme and reason to back her community

Yvette d'Entremont
Metro | Halifax

Guyleigh Johnson loved to write from a young age but never imagined she'd become a published author.

The 23-year-old north-end Dartmouth resident celebrates her community, life, family and hope in her new book of poetry. Expect the Unexpected.

"It wasn't until a close family member died in a car accident that I actually started writing. I didn't think of it as poetry.

Guyleigh Johnson

"It wasn't until a close family member died in a car accident that I actually started writing. I didn't think of it as poetry. It was more like

a diary and I was using it as my way of grieving, as an outlet," Johnson recalled. "Then while I was deep in emotions, I was able to witness a lot of things going on in my community at the time and so I started writing about them."

Things like teen pregnancy, the impacts of growing up without a father, the importance of strong family connections, even the issue of incarceration.

"When I talk about incarceration, I talk about people realizing they're wrong," she explained.

"Not the activity of being a criminal, but about being behind bars, putting their lives into perspective and wanting to change."

Johnson said people are quick to stereotype a community based on the negatives, but there is always a lot of "goodness" happening behind the scenes.

EVENT

The Dartmouth North Community Centre is hosting an official signing of Guyleigh Johnson's book on Thursday night at 6:30 p.m.

"I wanted to motivate and inspire my community," she said.

"I wanted people to be touched to the point where it made them think if this little girl from the same community as me, or from a community like mine, can go out and do this and create a book and have her name on a book and have everything she ever wanted inside of this book, then I can go and chase my dreams."

One of Johnson's favourite poems from her book is Lotus Flower. "A lotus is a pretty flower, but it grows in a swamp and what surrounds it is gunk," she said.

"It's about being able to be a beautiful person regardless of your environment around you."



Guyleigh Johnson says she hopes to motivate her community through her work. JEFF HARPER/METRO

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New Orleans, LA delegate Sylvia Crier cheers during the fourth day of the Democratic National Convention in Philadelphia, Pennsylvania. GETTY IMAGES

New Orleans: A parallel universe

Rosemary Westwood relocated from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.



ROSEMARY WESTWOOD
From the U.S.

The most striking part of New Orleans amidst the climax of this super-sized election is the silence.

You would think Trump and Clinton would be on the tip of many tongues. Here, they just aren't. Not in bars, not in restaurants, not in the streets or shops.

Sure, there are TV ads with a bad Clinton impersonator wielding a chainsaw over a computer or a mix tape of offensive Trump clips paid for by Louisiana Democrats. There's the odd Trump/Pence sticker

on pickup trucks. There's even a conspiracy theorist Uncle Sam character in the tourist-packed French Quarter selling "Hillary for 2016" bumper stickers.

But average folk here seem in a parallel universe. You'd hardly know there was a choice to be made at all.

"They're depressed," said the man behind the counter at Verti Marte, home of perhaps the best muffuletta sandwich, who agreed election banter was scarce. "They think Hillary's gonna lose."

"Normally I trust the polls, but this time I think they're wrong," he went on. "I look at the rallies. Obama had tens of

thousands. Trump's got tens of thousands. Hillary's got nobody."

To my appalled face, he responded: "It's gonna be alright, baby. Trump's gonna create jobs. You'll see."

A New Orleans born-and-bred taxi driver turned out to be one of those fence-sitters you keep hearing about but can't imagine actually existing.

"I'll probably flip a coin," he told me. Then later: "I'll let the wife decide."

About 319 million people live in the U.S., and, out of all of them, "people can't believe these two are it," he said, explaining the disinterest. "I don't care for Trump, and

You'd hardly know there was a choice to be made at all.

there's something about Hillary. I never liked her."

But on Sunday, the Catholic priest at St. Louis Cathedral ended mass, as many church leaders across the country undoubtedly did, by urging his congregants: "Please, I am begging you, exercise your right to vote."

"Take your Catholic faith into the booth," he asked, an enigmatic request, given the fact that the only Catholic on

the presidential ticket is pro-choice Hillary's VP pick, Tim Kaine.

On Facebook, in American cities further from the libtious, laid-back New Orleans, friends of mine complained they'd been having sleepless nights.

In the era of Brexit, in a country where former KKK leader David Duke can run for the Senate and land a spot on a legitimate Louisiana debate stage, in a world that has birthed this particularly bloated, infectious iteration of Donald Trump, the waiting — the suspense — is terrifying.

I, myself, am deeply worried.

Pastors rallying the vote

At church services, in rallies and on social media, black pastors urged congregants to vote, hoping to inspire a late flood of African-American turnout that could help propel Democrat Hillary Clinton to victory in critical swing states on Tuesday.

On the final weekend of the presidential campaign, a pastor in Detroit spoke of voting and citizenship. In Philadelphia, the minister reminded congregants others had died for their chance to cast a ballot. The Rev. Jesse Jackson spoke to a few hundred people in front of City Hall in Tallahassee, Florida, before they marched a block over to the county courthouse to vote early.

Along with women and Hispanics, African-Americans are seen as critical to Clinton's chances against Republican Donald Trump. However, early voting data from key states indicate turnout will not be as high this year as it was four years ago, when Barack Obama, the nation's first African-American president, was on the ballot. Sunday's efforts were aimed at minimizing that decline.

Bishop T.D. Jakes, pastor of the Texas megachurch The Potter's House, tweeted on a red, white and blue backdrop: "Make sure your voice is heard. Vote on Nov. 8."

"Preachers are trying to strike a moral nerve and somehow penetrate the fog of indifference," said the Rev. James Forbes, retired pastor of The Riverside Church.

"These are very crucial times to a nation with so much anger, so much anxiety about the future," Forbes said. Forbes has been travelling the country to mobilize voters. He and other pastors have taken pains to emphasize they were not endorsing a candidate, but it was hard to mistake some remarks Sunday that signalled a deep opposition to Trump. THE ASSOCIATED PRESS

Madonna urges voters to keep America great

Madonna belted out some of her biggest hits on Monday night as she treated people in the city to a surprise outdoor concert in support of Democratic presidential nominee Hillary Clinton.

About 300 people jammed into Washington Square Park, in the heart of Manhattan, to watch the pop singer perform "Express Yourself," "Don't Tell Me," "Imagine," "Like a Prayer" and "If I Had a Hammer" while they sang along.

Madonna opened the 30-minute performance by urging the crowd to vote on

Canadian women's hopes for a female president

Kim Campbell has made no secret about who she would prefer to see win the U.S. presidential election.

The former Progressive Conservative prime minister has been vocal in her distaste for Republican candidate Donald Trump, who she views as unqualified, untruthful and undermining democratic institutions in a world where many countries still strive for peace and security.

Campbell would welcome a victory by Democratic candidate Hillary Clinton. And she thinks Americans electing the first woman U.S. president would send a remarkable signal around



Kim Campbell, former Progressive Conservative prime minister.
TORSTAR NEWS SERVICE FILE

the globe that yes, women really are up for the job.

"The landscape from which people get their sense of how the world works is a very powerful influence in terms of the subliminal attitudes people have about who gets to do a job," Campbell said. "I think it will encourage a lot of young people to think differently about who gets to do that job."

Liberal Sen. Mobina Jaffer said she saw this kind of effect in action soon after she became the first Muslim and first person of South Asian descent to be named to the upper chamber in 2001.

Jaffer said she remembers walking along an Ottawa street when a young Afghan girl approached her and learned she was a new senator.

"And she said, 'Well, if you can become a senator then I can become a prime minister,'" Jaffer recalled.

Liberal MP Julie Dzerowicz said that kind of validation is needed, even for women who have already been elected to office.

"I can tell you that not only do we have to prove ourselves to win the nomination, we have to re-prove ourselves every single day," said Dzerowicz.

THE CANADIAN PRESS

End sexual abuse: Inuit

INDIGENOUS ISSUES

Federal leaders asked to stand up to protect children

Prominent Inuit politicians are urging Canada's leaders — indigenous and otherwise — to protect children from the scourge of sexual abuse and suicide running through indigenous communities, saying no child deserves to have their innocence stolen.

The head of Canada's national Inuit organization says it is incumbent upon all leaders to proclaim that abuse in indigenous communities is unacceptable.

Natan Obed, president of Inuit Tapiriit Kanatami, is himself no stranger to intergenerational trauma; his own father struggled with alcoholism after falling victim to sexual and physical abuse at residential school.

"There is no way to talk about this issue without it being difficult," Obed said in an interview. "I always think of the children, the children that shouldn't be abused and they are at the centre of my thoughts."

Children deserve the right to



Natan Obed, president of Inuit Tapiriit Kanatami, is no stranger to intergenerational trauma.

THE CANADIAN PRESS

live happy, healthy childhoods and to fulfil their potential, he added.

"We need to do more to keep our children safe," Obed said. "We know the risk factors that child sexual abuse is for suicide."

Talk of sexual abuse often falls on deaf ears at all levels of government, a frustrated Iqaluit Mayor Madeleine Redfern said

Monday following a media investigation that highlights the alarming prevalence of sexual abuse in some indigenous communities — and the fact that it remains an open secret.

"If you acknowledge it, you have to deal with it," Redfern said. "Just the same way that the Catholic Church abuse went on for decades; that was an open se-

cret until media ... decided that those stories needed to be told."

Independent Sen. Murray Sinclair, the chairman of the Truth and Reconciliation Commission which explored the depths of Canada's residential school legacy, said data is sorely lacking that could point to the magnitude of the problem inside indigenous communities.

Sexual abuse has gone beyond residential school survivors, their children and grandchildren, said Sinclair. The cycle of abuse has infected subsequent generations, he warned. Children are abusing each other across generations; members of street gangs are victimizing young girls; and women are being hauled into the sex trade.

Mental health resources to address the issue and research possible connections to the alarmingly high number of indigenous suicides are sorely lacking, especially in Canada's far North, Sinclair noted.

A 2012 Statistics Canada report found rates of sexual offences against children and youth were highest in the territories — the Northwest Territories and Nunavut recorded the highest rates in Canada, followed by Yukon.

THE CANADIAN PRESS

There is no way to talk about this issue without it being difficult.

Natan Obed

COURTS Bid fails to stop feds revoking citizenship

A bid to stop the federal government from revoking Canadians' citizenship without a hearing has failed.

Federal Court Justice Russell Zinn has dismissed a case brought by the Canadian Association of Refugee Lawyers and the British Columbia Civil Liberties Association.

The two advocacy groups had sought a stay of a section of the Citizenship Act that allows the government to revoke the citizenship of anyone deemed to have misrepresented themselves.

The law is being challenged as unconstitutional but until that case is settled, the Federal Court has since January been systematically granting stays to individuals who apply for them.

The advocacy groups asked Zinn to impose a blanket stay for everyone who receives a notice of citizenship revocation. But Zinn ruled Monday that a blanket stay can only be ordered if the harm caused by the law is unavoidable. In this case, he said, it is avoidable because any individual can apply for a stay. THE CANADIAN PRESS

IN BRIEF

National ocean protection plan announced in Ottawa

Ottawa announced a \$1.5-billion marine safety plan Monday to protect the Pacific, Atlantic and Arctic oceans. It includes funding to create a marine safety system, restoring ecosystems, and oil spill research. The government says change will be seen as early as next year, such as opening a Maritime Rescue Sub-Centre in St. John's, N.L. THE CANADIAN PRESS

OVERDOSES

Experts call for national opioid strategy

BY THE NUMBERS INSIDE THE CAMH STUDY

2K

High-end estimate of the number of Canadians who have died of opioid overdoses in 2015

20K

High-end estimate of the number of Canadians who have died of opioid overdoses in the past decade

opioid overdoses in 2015, and many provinces are on track

for an even higher number of deaths in 2016.

"It's a real public health disaster," Fischer said.

In a separate report Monday, the Toronto centre urged Ottawa to launch a review of all prescription painkillers sold in Canada and said high-dose opioid medications should be pulled from the market. Other recommendations include:

- Developing and enforcing guidelines for prescribing opioids only in exceptional cases.
- Prescribing opioids in lim-

ited dosages and for a limited duration.

- Establishing real-time electronic prescription monitoring systems across Canada.

"It is late — but not too late — to move toward reducing the toll of opioid overuse," Fischer said.

The federal government is holding a summit on opioids in Ottawa on Nov. 18, which will include addiction experts and organizations such as CAMH.

THE CANADIAN PRESS



Photos of soldiers from the First World War from a collection amassed by Mark Cahill. RYAN REMIORS/THE CANADIAN PRESS

MONTREAL

Trove of First World War artifacts tucked away

The book is labelled A Soldier's Diary, and its century-old pages tell a story of the Great War that might otherwise have been forgotten.

The First World War relic, in remarkable condition given its age, once belonged to a Montreal private named Clarence "Buster" Booth of the Victoria Rifles and was actually forbidden for soldiers.

"Diaries were not actually permitted, they were illegal, and the idea was that if you were ever captured ... you could accidentally give information to the enemy,"

explained Caitlin Bailey, curator of the Canadian Centre for the Great War, in an interview. "But pretty much everyone kept some sort of notebook."

The diary is one of the nearly 5,000 First World War artifacts collected over nearly three decades by Montreal businessman Mark Cahill. Some of the massive collection is on public display, tucked away on the second floor of Cahill's company's offices in a refurbished factory.

The collection includes everything from pins, medals and helmets to uniforms, weaponry,

personal effects and letters.

"At the end of the day, it's not about a war; it's about all our families, all our friends, a common experience," Cahill said. "It's what we try to do here. We try to tell the individual story — the story of the common people and the experiences they had."

Cahill's interest in war is personal; his grandfather was a First World War vet, a member of the U.S. army. His father served in the Second World War.

One yarn is from Booth's diary, which contains entries from his enlistment in 1915 until mid-

1916, when the writing abruptly stopped following the private's hospitalization for severe shell shock.

"When you read it, it's a very clear picture of someone who was very excited about a very big adventure that was coming," said Bailey. "And when he got to where it was going and realized it wasn't quite what he thought it was going to be, it becomes increasingly sad and despondent."

Bailey is hoping for a larger space in Montreal to be able to fully display all of the items.

THE CANADIAN PRESS

EMMA TEITEL ON PRINCE HARRY'S NEW LOVE

What's so special about one heterosexual interracial couple? Not much, until you consider the British monarchy's long and checkered history of bigotry.

Who knew that Prince Harry, the seemingly daft but cute British royal prone to donning Nazi apparel and walking around in the buff, would be the guy to finally usher his noble brood into the 21st century?

And yet it's true. News emerged recently that Prince Harry is dating American actress Meghan Markle, who unlike the relentlessly Caucasian British monarchy, hails from a mixed-race background. Markle's mother is African American; her father is white.

No big deal, you might be thinking. Welcome to 2016, where interracial unions are more common than ever before. Besides, as far as stories about diversity and representation go, there are far more interesting ones floating around right now than "When Harry Met Meghan". Cover Girl just named its first Muslim brand ambassador, Nura Afia, who wears a hijab; the National Women's Hockey League welcomed its first openly transgender player; and DC comics recently launched Midnighter and Apollo, the first mainstream comic to star a pair of same-sex, crime-fighting, superhero lovers. What's so

special about one heterosexual interracial couple compared to all of that?

Not much, until you consider the British monarchy's long and checkered history of royal bigotry. A mere half-millennium ago, in 1596, Queen Elizabeth I of England, free-spirited daughter of Anne Boleyn

double downed on the comment, alleging that nobody in China seemed to mind the remark, so why should anybody else? And who can forget Princess Michael of Kent's infamous New York restaurant tantrum of 2004, when the Princess (wife of Prince Michael of Kent, a cousin of today's Queen



MONOTONE MONARCHY? Prince Harry has been linked to Toronto-based Suits actor Meghan Markle, who is biracial — and that's still a big deal for the royal family, Emma Teitel writes. Here they are wearing suspiciously similar bracelets.

and Henry the 8th and patron of Shakespeare, wrote a letter to the mayors of several English cities complaining that too many black people had begun showing up in the country. (She subsequently also requested that they be deported, although she made no noise about building a wall.) Of course this was the 1500s, when, we're led to believe, you didn't have to be royal to be racist. For more recent proof, let's fast forward back to 1986, and eavesdrop on Prince Philip, Duke of Edinburgh, warning a group of British exchange students in the Chinese city of Xi'an that if they stayed in China any longer they'd become "slit-eyed." (Prince Philip later

Elizabeth) allegedly told a table of African-American diners, who she felt were having too good a time, to "Go back to the colonies."

In tolerance terms, in short, the royals have been, as the kids these days like to say, a "problematic" lot.

But their youngish progeny: William, Kate, and yes, even Harry, are conversely, kind of cool. They are modern. Prince William, echoing his late mother Diana's gay-friendly bent, became the first British royal in history to appear on the cover of an LGBT publication (Attitude Magazine). And Prince Harry, while perhaps not the sharpest tool in the shed, seems to have come along way since the Nazi



costume incident.

My intention here isn't primarily to give terrifically privileged white people props for being less bigoted than their ancestors, but to point out that this progressive shift in the mindset of England's royal family may one day open the doors of Buckingham Palace to all different kinds of suitors. Thanks to examples like Prince Harry and Meghan Markle, the role of romantic partner of a prince or princess, one previously reserved for white heterosexuals, is expanding, surely, if slowly.

Personally, I've never been able to fully commit to royal fascination; I always suspected that were Prince George to grow up to have more in common with Boy George than King George, he'd probably be asked by the familial powers that be to keep quiet about his sexual proclivities.

But if Harry marries Meghan in the next decade or so, maybe not. And come three or four more decades, we may all have a shot — colour, creed, and orientation be damned — at shacking up with members of one of the richest, and certainly most exclusive, clans on the face of the planet.

Sure, worshipping royalty — an archaic, regressive and criminally extravagant private club — is probably as illogical as it is embarrassing. But as soon as the possibility arises however tiny — that you too might one day be asked to join, it's funny how reasonable and necessary that private club can start to look.

This progressive shift in the mindset of England's royal family may one day open the door of Buckingham Palace to all different kinds of suitors.

Memo to council: The popular thing is not always right

HALIFAX MATTERS

Tristan Cleveland



else.

2. Developments in the core will cause too much traffic

Actually, most traffic is caused by development elsewhere, in places where driving is the only reasonable way to get downtown.

Unless we stop growing, the only solution for traffic is for people to live where walking, biking and transit are viable. We need to start measuring how much new developments will encourage people to use these modes, and oppose the ones that fail to.

3. Cyclists don't pay taxes

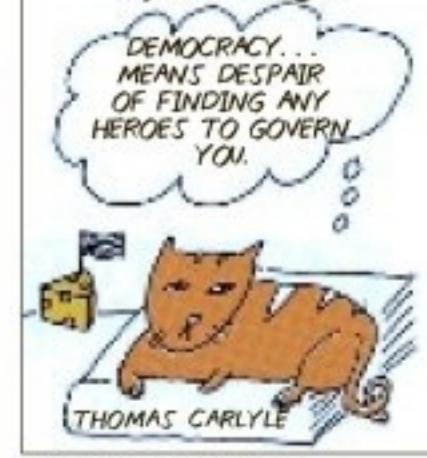
All cyclists pay property tax, which covers 75 per cent of the costs of municipal roads. Meanwhile, it takes 25,000 bikes to cause the wear and tear of a single sedan. Biking also reduces health costs, pollution and traffic.

People who only walk and bike actually pay too much tax. To save money, we should invest in a complete network of safe bike lanes so that many times more people will cycle.

4. There's no room for bus lanes

Actually, a bus lane can carry up to seven times more people than a car lane. For choke points like Bayers Road and the Macdonald Bridge, there's no room not to have them.

When council follows the evidence, some of us may at first hate it, but we will all benefit. I wish this council the audacity to do what's right.





BREAKING BARRIER JAVITS

Hillary Clinton is gearing up for a humongous party in the biggest venue in New York City — the Jacob Javits Center. It has a glass ceiling, which some suggest is symbolic for Clinton's attempt to break the ultimate barrier and become the first woman American president.

The Clinton camp's other election forecast is for bright skies — lit by fireworks over the Hudson River. Clinton's guests will include friends, family, invited lawmakers, selected members of the news media and a few lucky members of the public determined ahead of time. There will be no general admission for the public.

Barring a voting mishap, the first round of champagne glasses (for either candidate) will likely be filled around 7 p.m. ET, when the first states, Indiana, Kentucky as well as a very big swing state, Florida (with 29 electoral votes) close their polling stations.



Contrast in Election Day parties

The presidential candidates' Election Day celebrations might reflect their confidence in the outcome of the contest. Both will be in New York City, but each has rather different festivities planned.

AMANDA MIKELBERG/METRO NEW YORK

INVITATION ONLY HILTON

In contrast, the usually extravagant Republican nominee Donald Trump has reportedly planned a more reserved election night gathering at the Hilton New York ballroom. The space is decidedly less fancy than the Trump Tower atrium. It would have been ill advised to hold it there, because it's a privately owned space, and the city had already fined Trump \$10,000 for holding campaign events there, New York Magazine reported. A source told the magazine that Trump's party will be "relatively small" because Trump is "superstitious."

"The event is invitation-only for friends and supporters of the Trump-Pence campaign," according to a news release.

As for Trump's fireworks, he's fresh out, since last Wednesday he both entered and exited a rally in Florida with the explosives.



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A day some veterans try to avoid

PUBLIC CEREMONY

Remembrance Day brings anxiety, stress for soldiers

After returning from Rwanda, retired lieutenant-general Romeo Dallaire avoided Remembrance Day "like the plague."

The prospect of donning his uniform for a public ceremony, or even watching a televised parade, was too much after witnessing countless atrocities during that failed peacekeeping mission.

"I had lost soldiers under my command, I had seen soldiers grievously injured under my command, I had seen soldiers lose their mind under my command. And I avoided that day like the plague. At best — at best — I might watch it on TV," says Dallaire, who was dismissed from service after that mission because of resulting depression, anger and suicidal thoughts.

"One year, the CBC in French had me do a play-by-play and I said, 'I'll never do that again.' It was just so tormenting."

For most Canadians, Remembrance Day is a time for gratitude, reflection and expressions of national pride. But for many soldiers and veterans scarred by trauma, it's a time of anxiety, stress and unwelcome triggers.

Those experienced with treating mental health issues stemming from military service say they often see these anxieties in those who have not adjusted well to life after a tour of duty. Their ability to handle Nov. 11 generally corresponds to the experiences they had with the military, how much support they receive from friends and family, and what, if any, treatment they are offered upon return.

Dr. Ruth Lanius notes the day can be especially difficult for those battling post-traumatic stress disorder, a condition



Remembrance Day is a time for the Canadian public to acknowledge soldier sacrifices and express their gratitude, but for many damaged Canadian soldiers, the day is accompanied with anxiety, stress and unwelcome triggers. iSTOCK

marked by recurrent memories of a stressful event, nightmares, and severe emotional distress or physical reactions to any reminders of war-time trauma.

Even though well-meaning citizens organize these events to recognize sacrifice and offer gratitude, a damaged soldier might find the hoopla only increases their survivor's guilt, or highlights their perceived failures.

"I've seen veterans who it's taken years for them to be able to attend a Remembrance Day ceremony because it triggers them so much and it brings back their own memories," says Lanius, speaking from London, Ont.

How to handle that stress varies from person to person, she adds. While it might be important for some service members to work through that anxiety



After returning from Rwanda, retired lieutenant-general Romeo Dallaire avoided Remembrance Day "like the plague."

THE CANADIAN PRESS

and learn to embrace Remembrance Day, that might be too

overwhelming for others.

"In some cases it can also be

experienced as a tremendous relief because it makes them feel closer to some of their buddies that they've lost in war," she says.

"I met one man last year who hadn't been able to attend in years and this was the first time he'd been able to attend. Even though I think it caused a lot of emotional distress for him, I think it really also led him to experience a sense of mastery for having been able to attend after such a long period of time."

Dallaire recalls how his own soldier father, who commanded an infantry regiment in the Second World War, would grudgingly participate in the Remembrance Day parade.

"And he hated it. Because if there's a time when those that you saw suffer, those that you saw die or injured come back to

life in a haunting way, it is that day, during those ceremonies," says Dallaire, who outlines his battle with PTSD in *Waiting for First Light: My Ongoing Battle with PTSD*, co-written by Jessica Dee Humphreys and published by Random House Canada.

"They would wash that down with gallons of beer and so on afterwards at the legions."

Dallaire says his own feelings about the day have swung widely from both extremes. Early on, he joined the parades with pride — but this was before he had suffered any casualties under his command.

"I was a peacetime soldier and so it was a great ceremony, commemoration, and we looked at the vets, we listened to their stories and we got pissed with them and had a great time," he says.

Things were different after serving in Rwanda, where he was a helpless witness to a horrifying genocide that slaughtered hundreds of thousands of people.

"All those people you lost and all your buddies ... they all come back to life," he says of Remembrance Day.

"It's digitally clear. It's slow motion. They're alive. They're there with you. The orders you gave to send soldiers to their death, that's there and real."

Still, he encouraged the Canadian public to participate in the annual ceremonies, especially politicians and public servants.

And he urged citizens to acknowledge soldier sacrifices and express thanks directly to any military member they might encounter. All of that matters, he says.

"It is a fundamental duty of the citizenry to feel that pride. And to express it. To express it by being there, to express it by buying the poppy, to express it by shaking the hands of a vet or a serving soldier. Actually stopping somebody in uniform on the street and thanking them," says Dallaire.

THE CANADIAN PRESS

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:



- 6 Hedley **Can't Slow Down**
- 5 The Weeknd ft. Daft Punk **Starboy**
- 4 Twenty One Pilots **Heathens**
- 3 Bruno Mars **24K Magic**
- 2 Ariana Grande ft. Nicki Minaj **Side To Side**
- 1 Hailee Steinfeld ft. Zedd **Starving**

101.3 Virgin Radio 101.3 | Virgin Radio 101.3

U.S. ELECTION

CBC anchor says Canadians will tune in

CBC News anchor Peter Mansbridge has covered some rather unpredictable U.S. elections.

In 1980, Ronald Reagan beat incumbent Jimmy Carter to many pundits' surprise. In 2000, it took a recount in Florida and a Supreme Court decision to declare George W. Bush had defeated Al Gore. And in 2004, it seemed John Kerry was going to win, right up until polls closed, but Bush emerged victorious.

But the current battle between Hillary Clinton and Donald Trump, which culminates in Tuesday night's vote, is unlike

any Mansbridge has ever seen.

"Everybody says the same thing," says Mansbridge, the CBC's chief correspondent and anchor of *The National*.

"Some of these people I've talked to have been covering U.S. elections for 40 years and it all comes down to Trump."

"His campaign is so unconventional, it's all about him, he defies the old rules, does things differently and as a result, everybody counted him out early and they kept counting them out. Now suddenly he seems to be back in the game."

The unprecedented nature of the election is, in part, why CBC News is "going to go wall-to-wall" with its coverage on Tuesday, says Mansbridge.

Mansbridge will host *CBC News: America Votes*, starting at 8 p.m. ET on CBC News Network and 9 p.m. ET on CBC.

"This one is different because I think everybody feels some ownership of the story. They can't have an impact on the result but the result can certainly have an impact on them in ways that I'm not sure we've seen before," says Mansbridge.



Peter Mansbridge. CONTRIBUTED

Mansbridge predicts Canadians will watch homegrown networks in "good numbers" on Tuesday night. THE CANADIAN PRESS

Painful reminder of a forgotten past

DRAMA

Memory-related film Lavender touches on real life issues

In the trippy new psychological thriller *Lavender*, Abbie Cornish plays a mother who suffers from memory loss and a sense that she may have killed a family 20 years ago.

As a doctor, played by Justin Long, tries to help her get her memories back, her flashbacks hint at a childhood trauma — and a supernatural element.

Lavender director/co-writer Ed Gass-Donnelly, who shot the film in and around his home city of Toronto, says he became interested in the idea of repressed memory after hearing of a friend's experience.

"A friend who was abused as a child and had no memory of it until much later in life, and I think a little kid can't handle that," he says.

"By putting that memory in a box, you can get on with your life a bit. But if you don't have the capacity to deal with it, your



In the trippy new psychological thriller *Lavender*, Abbie Cornish plays a mother who suffers from memory loss and a sense that she may have killed a family 20 years ago. THE CANADIAN PRESS

body's only other choice is to either just go nuts or break down. So it became a functional coping mechanism."

The subject of memory manipulation and repression has brought mind-bending tension and plot twists to many films over the years — from *Eternal Sunshine of the Spotless Mind* to *Total Recall* and *The Manchurian Candidate*.

Other recent examples include

The Girl on the Train, in which Emily Blunt's character suffers from memory loss caused by alcoholism.

Such fictional projects have very real elements to them, says Dr. Julia Shaw, who writes about false memories in the new book *The Memory Illusion*.

Shaw, who is Canadian, writes that it isn't until somewhere between the ages of two and four that our brains are capable of

creating autobiographical memories. So when someone claims to remember something from infancy, it's a false memory.

Shaw says false memories are usually created either intentionally by others or by oneself through repeatedly imagining things happening or intensely believing something happened, guessing at details and then filling in the blanks along the way.

False memories usually start

from nothing and get bigger over time. Real memories start with lots of detail and get weaker or stay the same over time.

"Certain therapeutic methods can be very suggestive and leading and police interrogation tactics can be equally problematic and can potentially create false memories," says Shaw, a senior lecturer in criminology at London South Bank University in the U.K.

"Usually the cases that land

on my desk right now involve sketchy therapy and then someone in therapy retrieving something and saying, 'This is what happened, my therapist told me so and I believe it and here's all the details,' and then someone like me going, 'Well actually, those techniques can also create false memories.'"

One is more likely to believe a false memory if they've had a blackout episode, like Blunt's character did in *The Girl on the Train*, which Shaw says also involved psychological manipulation known as gaslighting.

It's even possible to convince people they've committed crimes that never occurred, which Shaw says she's done in lab studies.

"As a filmmaker, it's a biological fascination of what the body is capable of," says Gass-Donnelly.

The fact that a lot of our memories are unintentionally false generally isn't a bad thing, says Shaw.

"Overall we just need to remember the gist, we need to remember the general things that happened in a way that's good enough," she says.

Lavender is now playing in theatres.

THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Hammering away at sexism in politics

THE SHOW: *Full Frontal with Samantha Bee*, Oct. 31 (Comedy/TBS)

THE MOMENT: *The Obama interview*

"Thank you for joining us for our Halloween interview," host Samantha Bee says to U.S. President Barack Obama. "This year I'm going as a witch."

"That's not a witch costume," Obama says about Bee's red dress.

"I'm a woman on television and I'm over 40, so I'm already in costume," she says. He shrugs and nods.

"If and when Hillary is president, what do you think will be the female equivalent of, 'You weren't born in this country?'" she asks.

"The equivalent will be, 'She's moody,' 'She's being emotional,'" he replies.

"There's just something about her?" Bee asks.

"When men are ambitious, well, of course they should be," Obama says. "When women are ambitious — why? That's contributed to this notion that she's



President Barack Obama spent his interview on *Full Frontal with Samantha Bee* making a last ditch effort to get jaded young people to vote. SCREEN CAPTURE

somehow hiding something."

Today, at last, the psychotic U.S. presidential election will end. Bee has excelled at explicating the inherent sexism that plagued Clinton's campaign. She's done that with her interviews (in this same episode, she speaks to female European leaders who are baffled by the U.S.), and by relating her own parallel experiences.

In her second episode, Bee showed a Photoshopped image of Clinton making a speech. Notes on her arms read, "Don't be

c*nty" and "shril = bad." "What a coincidence," Bee said. "TBS just gave me that same note."

Bee accurately dubbed Clinton "a barely contained cluster of frustration." Bee is too, about the intractability of misogyny. Her mission is to hammer away at that, week after week. Shril = good.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Marlow Malamute Mix

Handsome Marlow is looking for his forever home! He is a sweet and bouncy boy. Marlow needs an adult only home, with no other animals and with people who are breed/large dog experienced. He has something called resource guarding, so a mandatory consult would be necessary with his adoption. He is also very active so a home in the country or a more rural setting, that allows him to spend tons of time outdoors would be ideal. If you or someone you know is dog experienced and can provide Marlow with the right environment, please contact our Dartmouth Shelter!



For more information on Marlow and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Sid vs. the new kid: Round 1

NHL

Crosby and McDavid go toe to toe on Tuesday night

The comparisons are inevitable. Connor McDavid understands it. So does Sidney Crosby.

Franchise centres don't come along very often. Particularly ones with the skill set McDavid seems to share with the player he grew up idolizing. The footwork. The soft hands. The relentless energy. The ability to see something before it happens and the talent to make it so.

A decade ago, it was Crosby who took the NHL by storm. Now it's McDavid's turn. A year removed from an injury-marred rookie season in Edmonton, the 19-year-old will get a chance to face Crosby for the first time on Tuesday when the Oilers visit the defending Stanley Cup champion Pittsburgh Penguins.

Both players, as is their habit, are trying to downplay the meeting. Still, Crosby has a keen sense of where McDavid is at in his blossoming career and the weight placed on his shoulders. Back in 2006, Crosby was trying to do for the Penguins what McDavid is trying to do for the Oilers: lift a once proud team back to relevance, one



highlight-reel play at a time.

Listen to Crosby rattle off the things that impress him about McDavid, and the two-time Hart Trophy winner might as well be describing himself.

"I just think his speed stands out the most," Crosby said. "It allows him to do so many other things. He sees the ice really well. He's so strong on the puck. His hockey sense and his speed are the things that stand out the most."

They've been on display with regularity so far for Edmonton,



GETTY IMAGES

COMPARING SUPERSTARS

Sidney Crosby

Cole Harbour, N.S.

29, 5-11, 200 **AGE, HEIGHT, WEIGHT**

2005-06: 81 GP, 39 G, 63 A, 102 Pt

Connor McDavid

Newmarket, Ont.

19, 6-1, 190

2015-16: 45 GP, 16 G, 32 A, 48 Pt

teammate has suddenly become a little selfish, in a good way.

Crosby has eight goals in six games, including two each in the final two games of a road swing through California.

"Nothing surprises us," Penguins coach Mike Sullivan said. "He's just a great player. I don't know how else to say it. I think we've grown to expect it out of him and he's done it each and every night. I really admire his consistency of play."

And that more than anything else may be what McDavid wants to emulate about Crosby above all else.

"He's the best player in the world and if you can take anything from his game, obviously that'll help," McDavid said.

THE ASSOCIATED PRESS

which sits atop the Pacific Division, a solid start for a team trying to end a playoff drought that stretches back to when McDavid was still in elementary school. McDavid is tied for fourth in the NHL in points (14) and seventh in assists (nine), including a patient, heady dish to Ryan Nugent-Hopkins on the power play on Sunday that turned into the winning goal in

a 2-1 victory in Detroit.

"He's obviously one of the bright young players in the league," Penguins coach Mike Sullivan said. "I'm sure that team has taken another step and he's a big reason why."

The Penguins haven't lost in regulation since Crosby returned from a concussion (5-0-1), and the player who loves nothing more than to set up a



Just remember what got you to this point and try to continue that success.

Advice Sidney Crosby would offer to Connor McDavid

UFC

Jones handed max 1-year suspension

UFC interim light heavyweight champion Jon Jones will serve a doping ban until next July after an arbitration panel denied his appeal of a positive test.

Widely considered the world's best pound-for-pound fighter, Jones was pulled from a July bout against Daniel Cormier shortly after news about the positive drug test.

Jones claimed to have taken a sexual-enhancement pill but ended up testing positive for two banned anti-estrogen agents.



Jon Jones GETTY IMAGES
The arbitration panel delivered the maximum one-year suspension, saying Jones' "degree of fault verged on the reckless." THE ASSOCIATED PRESS

IN BRIEF

Alouettes cut ties with longtime GM Popp

For the first time since the Montreal Alouettes returned to the Canadian Football League 21 seasons ago, they are searching for a new general manager.

Team president Mark Weightman announced Monday that Jim Popp, the architect of three Grey Cup champion teams, has parted ways with the Alouettes under mutual agreement with owners Bob and Andrew Wettenhall. THE CANADIAN PRESS

SOCER

Extension caps CR7's 'dream year'

Life in Madrid certainly seems to agree with Cristiano Ronaldo.

The Portugal forward signed a five-year contract extension with Real Madrid on Monday, capping an exceptional year after triumphs with his club in the Champions League and with his national team in the European Championship.

"This is the best moment in

my life," Ronaldo said. "After winning the Champions with Madrid, the Euro with Portugal and now having my contract extended, it's a dream year. This is too special. Life is good, I'm telling you."

The three-time world player of the year is Madrid's all-time leading scorer with 372 goals in 360 matches. THE ASSOCIATED PRESS



It's not my last contract, let's make it clear.

Cristiano Ronaldo



Latavius Murray rushed for three touchdowns on Sunday night. GETTY IMAGES

NFL

Raiders turn ship around

Two years after starting the season with 10 straight losses, the Oakland Raiders head into their bye week in a far different place: first place.

Fresh off a 30-20 victory over the defending Super Bowl champion Denver Broncos that left them all alone in first in the AFC West, the Raiders now get the chance to rest up a bit before the stretch run of a season they hope will include playoff games for the first time since 2002.

After building a strong record with wins against some of the lesser regarded teams, the Raiders (7-2) stamped their arrival as legitimate contenders with a complete victory over the Broncos on a prime-time stage.

The offence controlled the line of scrimmage and ran for 218 yards, Derek Carr made key plays in the passing game, the defence shut down Denver's run game and harassed Trevor Siemian all night and even the special teams got into the act with two punts downed at the 2, prompting celebratory dances from punter Marquette King.

"I think it was closest," coach Jack Del Rio said Monday when asked whether his team put together a complete game. "I think all three phases certainly contributed in the game. They had really good moments, all three. We see a lot of things that can be better. That's what we're going to keep working at. I don't know if you ever reach that perfect performance you're striving for anyway but there are things we need to clean up, that we need to be better at."

THE ASSOCIATED PRESS

RECIPE Mushroom Barley Soup



Ceri Marsh & Laura Keogh
For Metro Canada

The soup boasts great, earthy flavours but it's the textures that have us coming back to this dish over and over.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 6

Ingredients

- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
- 1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced

- 2 Tbsp fresh thyme (less if dried)
- 3/4 cup of pearl barley
- 5 cups of stock (vegetable, chicken or beef all work)
- Salt and pepper to taste

Directions

1. In a large pot or Dutch oven warm up the olive oil over medium heat. Add your vegetables and thyme and allow to soften for about 3 to 5 minutes.

2. Add the barley and give it a good stir to coat it. Now pour over the stock and allow to simmer for about 20 minutes until the barley is tender but still chewy. Taste to check seasoning.

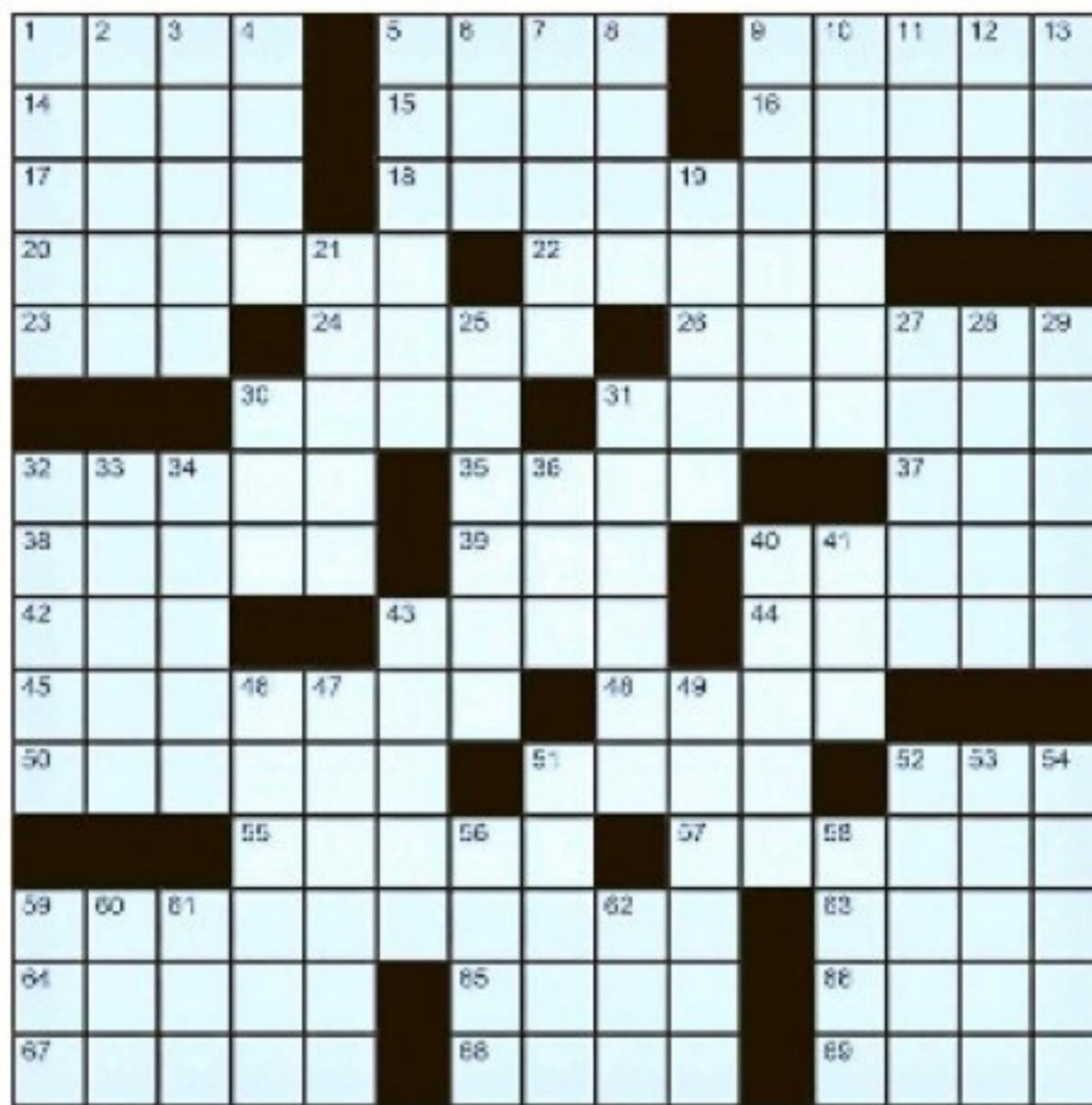
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. From ___ to stern
5. Marsh creature
9. Wagons
14. Record
15. Thus
16. Irish actor Milo
17. Grimm opening part...
18. Canadian actor Raymond Massey's turn as an American President, "___ in Illinois" (1940)
20. Confusions
22. Chutzpah
23. Jimmy
24. Inactivity
26. Market merchant
30. Party platter's spreadable pick
31. Ceiling fan, for example
32. Assuage
35. Similar
37. Living longevity
38. Greenish-blues
39. Arrange
40. Insipid
42. Bother
43. Clothing, informally
44. Kicks off
45. Fade, as excitement: 2 wds.
48. "___ it about time?"
50. Monk, for one
51. Comfy
52. Polka's stylish pal
55. Bounded
57. Prehistoric tool
59. Ottawa-born comic actor who starred as a President in "My



Fellow Americans" (1996): 2 wds.

68. Shelters
69. Hard to come by

4. Eatery's fare
listing
5. Cups-and-saucers gift: 2 wds.
6. Royal symbol
7. Insurance company worker
8. Canned fruit brand
9. Curving outward,

as certain lenses
10. Upward move
11. 17th Greek letter
12. ___ number (Ring!)
13. ___ Francisco
19. Dick ___ legendary Montreal Canadiens coach

DOWN

1. Chainsawed tree remainder
2. Pig-resembling creature
3. ___ glue

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4	6	7	
2				6
6	5			3 9
7				2
2				1
9	6	8	5	7 4
	5	6		
1				5
8	7	3	9	1

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20

Keep your focus on red-tape matters, like inheritances, taxes, debt and shared property. You will make good headway in these areas this week.

Taurus April 21 - May 21

Remember to get more sleep now, because you need it. The Sun, your source of energy, is as far away from you as it gets all year (in your chart).

Gemini May 22 - June 21

Respect your desire to get better organized. Act on this impulse. Make a to-do list of everything you want to do so that you are more effective, efficient and productive.

Cancer June 22 - July 23

Give yourself permission to play and have a good time, because that is what you want to do. Ideally, sneak away on a vacation. Sports events, the arts, social outings and playful times with kids all have appeal.

Leo July 24 - Aug. 23

Home, family and your domestic life are your focus now. Some of you will be more involved with a parent.

Virgo Aug. 24 - Sept. 23

The pace of your days is accelerating because of your busy, jam-packed schedule. Short trips, increased reading and writing, plus errands and conversations with others will keep you racing.

Libra Sept. 24 - Oct. 23

Your focus on money, earnings and your possessions continues. Respect your moneymaking ideas, because they might be worthwhile. Write them down so that you can assess them later.

Scorpio Oct. 24 - Nov. 22

With the Sun in your sign now, you are blessed. People and favorable situations will come to you. It's your turn to replenish yourself for the year!.

Sagittarius Nov. 23 - Dec. 21

Stay in the wings and work behind the scenes. Set aside some time so that you can make plans for your new year ahead. (Birthday to birthday.)

Capricorn Dec. 22 - Jan. 20

Accept all invitations. Enjoy your popularity, particularly with younger people. This is a good time to define goals and actively pursue them.

Aquarius Jan. 21 - Feb. 19

Now is the time to go after what you want, because people in power admire you. Don't ask why — you can call it "smoke and mirrors," but it's true. Demand the advantage!

Pisces

Feb. 20 - March 20
Do something to broaden your horizons. Sign up for a course, learn something new and talk to people from other cultures. Of course, nothing beats the firsthand experience of travel.

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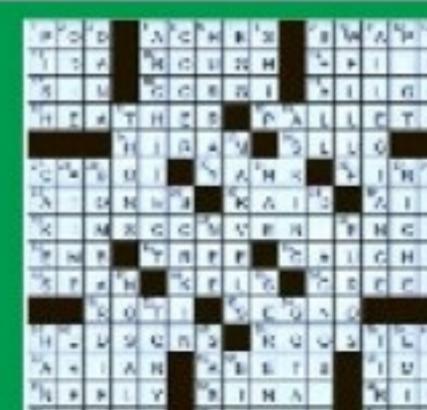


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YESTERDAY'S ANSWERS

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9	5	2	3	8	4	1	7	6
8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
5	4	9	8	1	7	2	6	3
2	8	6	5	9	3	7	1	4



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Forte SX AT shown[¶]

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2.4L LX FWD

Sorento SX Turbo AWD shown[¶]

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[‡] Representative Financing Example: Financing offer on a new 2016 Soul EX AT (S07546) with a selling price of \$20,695, including \$500 Holiday Bonus[†] equals \$57/week for 84 months, for a total of 364 payments, at 0% with \$0 down payment. Cost of borrowing is \$0 and total obligation is \$20,695. No purchase necessary. Holiday Bonus between \$500 and \$2,000 (including guaranteed \$500 discount) awarded in dealership. Odds of winning an incremental prize of \$250 - \$1,500 are approximately 13.49. See dealer or Kia.ca/special-offers for complete contest details. [§] Representative Leasing Example: Lease offer available on approved credit (0AC), on the 2017 Sorento 2.4L LX FWD (S07540). 2017 Forte LX MT (F05416) / 2017 Sportage LX FWD (S07547) with a selling price of \$22,695 / \$15,995 / \$24,895 is based on a total number of 166 weekly payments of \$623.85 / \$47 for 36 months at 0% with \$0 security deposit, \$1,500 / \$50 / \$1,680 down payment and first payment due at lease inception. Offer includes \$500 Holiday Bonus[†] and \$500 / \$500 / \$0 lease credit. Total lease obligation is \$9,889 / \$5,500 / \$2,347 with the option to purchase at the end of the term for \$14,401 / \$1,593 / \$4,439. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). 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Manufacturer Suggested Retail Price for 2017 Forte SX AT (F04747) / 2017 Sportage LX Turbo AWD (S07571) / 2017 Sorento LX Turbo AWD (S07581) is \$27,295 / \$31,985 / \$42,295. The 2016 Sportage received the lowest number of problems per 100 vehicles among Small SUVs in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 30,571 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, May 2016. Your experiences may vary. Visit jdpower.com. The Bluetooth[®] trademark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. ^{††}Offer available to qualified retail customers at participating Kia dealers on purchase or lease on all new 2016/2017 Kia models between November 1 and 30, 2016. Customer must choose one (1) of the following offers: (i) No Charge Winter Tires; OR (ii) Holiday Bonus between \$500 and \$2,000 (including guaranteed \$500 discount). 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